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Despite wet weather, runners soak in the marathon experience

Rain or shine. Soggy conditions had nothing to do with the number of participants being down this year, say organizers of event that's already raised \$120K

SHANE
GIBSON

shane.gibson@metronews.ca

A little bit of rain didn't dampen the 36th annual Manitoba Marathon.

In all, 12,229 runners took part in Sunday's full marathon, half marathon, relay, 2.6-mile super run and 10-kilometre race.

While numbers were down slightly from last year, the marathon's executive director, Shirley Lumb, said the weather didn't impact attendance.

Quoted

"Our challenge to all Manitobans next year is to come out and support your local event."

Shirley Lumb, executive director of the Manitoba Marathon

"I think when people are training to run a long distance they're going to come no matter what," she said, noting attendance has been dropping at marathons across the country. "It seems to be a trend ... so I'm not really surprised."

"Our challenge to all Manitobans next year is to come out and support your local event."

The marathon supports people living with intellectual disabilities, and although donations are accepted until the end of July, Lumb said around \$120,000 has already been raised.

The rain also didn't stop supporters from lining the

route to cheer on runners.

Meghan Howell and her boyfriend Kyle Hayes stood under an umbrella on University Crescent with a sign that read, "You inspire me," after Howell herself finished the 10-kilometre run.

"Well, I didn't overheat," laughed Howell of her run in the rain.

"And she doesn't have to shower afterwards," chimed in Hayes.

Winnipegger Brian Walker won the men's full race with a final time of 2:36:44 and Alice Sherwin, also of Winnipeg, crossed the finish line with a time of 3:04:38 to win the women's title.



Women's full-marathon winner Alice Sherwin speaks to media at the finish line just after crossing Sunday morning. The rain didn't stop over 12,200 runners from taking part in the 36th annual Manitoba Marathon. SHANE GIBSON/METRO

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Poison pellets not used in off-leash dog parks: Official

Review. City operations to fight ground squirrels have been halted after a dog became very ill



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

City officials say poison pellets that were aimed at controlling the ground-squirrel population, but that made a dog sick, are not being used in off-leash parks.

Earlier this week, a dog became severely ill and required veterinary care after eating the pellets at Little Mountain Park.

Dave Domke, manager of the parks and open space division, said as soon as they were informed of the complaint, the site was checked for any other pellets, products or dead animals.

"We also suspended the operations pending further review of the matter, so we're still in conversation with the contractor discussing exactly what are the next steps," said Domke, who attended Friday's pro-

tection and community services meeting, adding the pellets were not applied in the off-leash area.

Domke said the poison pellets are used in three other parks in an effort to prevent injuries to both people and pets, as some of the ground squirrels create holes as big as kitchen sinks.

Kristy Greening and Jordan Lobe of the Little Mountain Park Dog Club said the owners of the dog that became ill prefer to remain anonymous, but did indicate they want action taken.

Lobe said while club members are satisfied with the city's quick response, they do feel "there's definitely a lot more conversation to have going forward."

"The fact is an on-leash dog that was within an arm's length of the owner did ingest the poison, and that's the problem we need to deal with," he said.

The dog was on leash with its owner and near the off-leash space, added Lobe.

Follow Bernice Pontanilla on Twitter @MetroBee



Kristy Greening of the Little Mountain Park Dog Club says a dog poisoned by pellets meant for ground squirrels is doing better now. **BERNICE PONTANILLA/METRO**

Candidate pitches downtown cameras



Mike Vogiatzakis METRO

Mayoral candidate Mike Vogiatzakis wants to ensure safety in downtown Winnipeg and other troubled areas with the use of closed-circuit cameras.

The funeral-home owner announced his first major pledge at city hall on Friday, saying the two concerns he hears most often from citizens involve infrastructure

and safety.

His solution: "Safe zones."

"I think what we need to do to make people feel comfortable is put a safe zone together in a real bad part of town," said Vogiatzakis, estimating the cost to be around \$20 million.

"We need to bring downtown back to life, and the

only way that we're going to bring downtown back to life is by bringing safety back to downtown."

Vogiatzakis also proposed using cadets to do parking and speed enforcement, even though the Winnipeg Parking Authority has a long-term agreement with G4S Security.

The other mayoral can-

didates include former MP Judy Wasylycia-Leis, privacy lawyer Brian Bowman, current Coun. Paula Havixbeck, University of Manitoba academic Robert-Falcon Ouellette, former councillor Gord Steeves and entertainment booking agent Michel Fillion.

The civic election is Oct. 22. **BERNICE PONTANILLA/METRO**

SOME ADVICE TO GRADS FROM ACE



WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

Congratulations to the graduating class of 2014. You've accomplished something great. Be proud.

Here are a few simple words of almost wisdom I'll

share with you.

Travel. It's pretty much the best. The world is fascinating, and we are but a very small piece of it. For many, NOT travelling will go down as one of their greatest regrets. The world is right now yours for the travelling, and what you learn will be with you forever.

Prove certain people

wrong. There are a bunch of people older than you in decision-making positions who are skeptical of your work ethic and potential. This happens in all generations. Earn their respect, and they will be your biggest champions.

Clean up your online life. Listen, tons of people have made mistakes online.

They've written something or posted a photo that will come back to bite them somewhere not good. Make a pre-emptive strike against this happening.

Not everything is going to work out the first time. Maybe it's the wrong job for you; maybe what you're taking in school is not your thing like you had previ-

ously thought. That's OK, but since you're in it for the time being, learn from it. Get everything you can out of everything. It's an opportunity, not a waste of your time.

All the best; enjoy your life and be good to people.

ACE BURPEE IS A LOCAL WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Ottawa woman's journey from the streets to the law

University of Ottawa.

A troubled life left her homeless at 16 — but eight years later, she's a law school graduate



TREVOR GREENWAY
Metro in Ottawa

Eight years ago, Raphaëlle Ferland was living on the streets with a substance abuse problem and what seemed like no way out.

But she never gave up.

The 25-year-old woman spent Sunday at the National Arts Centre, dressed in a black cap and gown, ready to walk across the stage to pick up her law degree.

It's something that Ferland never expected to accomplish,



Raphaëlle Ferland accepts congratulations from University of Ottawa dean of civil law Sébastien Grammond, at her convocation. TREVOR GREENWAY/METRO IN OTTAWA

as she struggled through a troubled upbringing that left her homeless at 16.

"If you told me 10 years ago

when I was on the streets if I would ever be in law school, I would have probably just laughed in your face," said a

proud Ferland, who graduated from the University of Ottawa's law program Sunday.

"Whereas today, I'm here."

The troubles began for Ferland at a very young age and didn't seem to get any better until she decided to do something about it.

She fled her troubled home life and spent months on friend's couches and "bouncing around" before ending up on the streets.

Several years later, she made her way to law school.

Her struggles were not over, however — ballooning tuition costs became a real challenge.

"I have worked through it all, but there are still struggles ongoing."

"If I compare my life now to even just a few years ago, it's not even comparable," said Ferland.



Jacob Hoggard at MMVAs

Jacob Hoggard gestures in front of audience members as his band, Hedley, performs the opening number at the 2014 Much Music Video Awards in Toronto on Sunday. CHRIS YOUNG/THE CANADIAN PRESS

Mindfulness is helping inmates

Behind the walls of the infamous Elgin-Middlesex Detention Centre, where violence and fear is a daily fact of life, one man is trying to make a difference with a mat and an attitude of spirituality.

Jeff Hardy has opened the world of yoga to the inmates.

"Mindfulness is the up-and-coming thing in social work," he said.

"But it's not really in Ontario yet. It's all over the United States, though."

Hardy goes into the jail every Thursday night, throws down some mats, "and we stretch."

Tall and solid with a thick

beard and some body art, the former probation officer doesn't look too out of place as he sits with the rest of the inmates.

To get in, he used his connections in correctional services and pitched the powers that be with a PowerPoint presentation, which seems to have done the trick.

The results, he said, have been tremendous, and a binder full of positive feedback proves it.

The biggest complaint, he said with a laugh, came when he showed up and the inmates asked, "Hey, where's the chick?"

"I started off with the kitchen staff at the jail because they're the motivated guys. They want to work and get out of there," he said.

While no one connected with the jail was authorized to talk publicly about it, Hardy said they approve of the program.

Now he hopes to receive funding to spread the good karma to prisons across the province. "The social work I do at my desk, it would take months to get the breakthroughs I get with them after 45 minutes on a yoga mat," he said.

SCOTT TAYLOR/METRO IN LONDON, ONT.



Jeff Hardy says yoga is being embraced by inmates.

SCOTT TAYLOR/METRO IN LONDON, ONT.

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Iraqi Shiites mobilize in response to Sunni militant attacks, threats

Iraq. With blessing of Shiite government and spiritual leader, fighters ready to battle Sunni militants, further escalating tensions

Iraqi police and hospital officials say a string of explosions in Baghdad Sunday has killed at least 15 people and wounded more than 30.

In the city centre, a car bomb killed 10 and wounded 21. After nightfall, another explosion hit the area, killing two and wounding five. The third went off near a falafel shop in the city's sprawling Sadr City district, killing three and wounding seven.

Baghdad has seen an escalation in suicide and car bombings in recent months, mostly targeting Shiite neigh-

Baghdad

While the city of seven million is not in any immediate danger of falling into the hands of the militants, Sunday's incidents could raise tensions. Food prices in the city have risen, twofold in some cases, because of disruption to transport.

bourhoods or security forces.

Iranian-backed, pro-Shiite militias — with the support of the Shiite-led government and blessing of the religious establishment — have moved quickly to the centre of Iraq's political landscape, spearheading what its Shiite majority sees as a fight for survival against Sunni militants who control territory north of Baghdad.

The emergence of the militias poses a threat to Iraq's unity, planting the seed for

new sectarian strife and taking the regional Shiite-Sunni divide to a potentially explosive level.

On Sunday, an Islamic militant group that captured two major cities last week posted graphic photos that appeared to show its fighters killing dozens of captured Iraqi soldiers.

The pictures on a militants' website appear to show masked fighters of the Islamic State of Iraq and the Levant, or ISIL, loading the captives onto flatbed trucks before forcing them to lie face-down in a shallow ditch with their arms tied behind their backs. The final images show the bodies of the captives soaked in blood after being shot.

The grisly images could further sharpen sectarian tensions as hundreds of Shiites heed a call from their most revered spiritual leader to take up arms against the Sunni militants who have swept across the north.

THE ASSOCIATED PRESS



Shiite tribal fighters raise their weapons and chant slogans against the al-Qaida-inspired Islamic State of Iraq and the Levant in Basra, Iraq's second-largest city, 550 kilometres south of Baghdad. NABIL AL-JURANI/THE ASSOCIATED PRESS

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Israeli soldiers take their positions Sunday during a military operation searching for three missing teenagers, near the West Bank city of Hebron.

MAJDI MOHAMMED/THE ASSOCIATED PRESS

Israel accuses Hamas of kidnapping teenagers

Escalating tensions. Israeli troops arrest dozens of members of Hamas and close off West Bank roads in a frantic search for three missing youths

Israeli troops on Sunday arrested some 80 Palestinians, including dozens of members of Hamas, in an overnight raid in the West Bank as the prime minister accused the Islamic militant group of kidnapping three teenagers who went missing nearly three days ago.

The crisis escalated already heightened tensions between Israel and the new Palestinian government, which is headed by Western-backed President Mahmoud Abbas but backed by Hamas. Israel, which considers Hamas a terrorist group, has

condemned the alliance and said it holds Abbas responsible for the teens' safety.

"Hamas terrorists carried out Thursday's kidnapping of three Israeli teenagers. We know that for a fact," Netanyahu said. "Hamas denials do not change this fact."

Netanyahu provided no evidence to back his claims. Palestinian officials rejected Netanyahu's contention that they are responsible. Hamas, meanwhile, praised the apparent kidnapping but stopped short of accepting responsibility.

The three youths — Eyal Yifrah, 19, Gil-Ad Shaer, 16, and Naftali Frenkel, 16, who is also a U.S. citizen — disappeared Thursday night as they were heading home from a West Bank religious school.

Officials confirmed that one of the teens called a police emergency line around 10:25 p.m. and said, "We've been kidnapped." They have not been

Co-operation

Despite the exchange of accusations, security officials from Israel and Palestinian forces have been co-operating closely in the West Bank trying to find the kidnapers.

- President Mahmoud Abbas met with his security chiefs late Saturday and urged them to do anything they can to contribute to the search, said a senior Palestinian official who spoke on condition of anonymity.

heard from since then.

The case has riveted the nation's attention, receiving around-the-clock coverage in local media. Late Sunday, more than 10,000 people converged at Jerusalem's Western Wall, the holiest site where Jews can pray, for a special mass prayer, police said.

Palestinian militants have repeatedly threatened to kidnap Israelis, hoping to use them as bargaining chips to win the release of prisoners held by Israel. This would be the first

time three civilians have been taken at the same time.

The overnight arrest raid was concentrated in the southern West Bank city of Hebron, in the area where the youths disappeared. Israel imposed a closure on the area, restricting traffic in hopes of preventing them from being smuggled out.

A Hamas website said more than 60 of those arrested were members, including senior figures in the movement.

THE ASSOCIATED PRESS

Afghans brave Taliban threats, violence to vote

Insurgents cut the fingers off nearly a dozen voters and killed 11 other people, including four election workers, to punish them for voting in this weekend's presidential runoff, officials said Sunday.

The Taliban had warned people not to participate in Saturday's vote. The two candidates, former Foreign Minister Abdullah Abdullah and former Finance Minister Ashraf Ghani

Ahmadzai, have both vowed to improve ties with the West and sign a long-delayed security pact allowing nearly 10,000 U.S. troops to remain in the country for two more years.

Afghanistan was relatively quiet the day after the second round of voting as the process of counting the votes began. Official preliminary results were to be announced on July 2, with final results released

on July 22. The commission plans to release partial results in the coming weeks. A series of rocket barrages and other scattered attacks did occur that Interior Minister Mohammad Umar Daudzai said killed 47 people, including 20 civilians and an election commission worker. He said 60 militants were killed.

Afghans braved threats of violence and searing heat Sat-

urday to vote in the presidential runoff, which likely will mark the country's first peaceful transfer of authority, an important step toward democracy as foreign combat troops leave.

The Independent Election Commission said initial estimates showed that more than seven million Afghans voted Saturday, or about 60 per cent of the country's 12 million eligible voters. THE ASSOCIATED PRESS



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Featuring the latest from Winnipeg transit – including transit news, commuter tips and cool promotions - and much more!

metro

News worth sharing.

Ukraine declares day of mourning after separatists shoot down military plane



People gather during a rally in Independence Square in Kyiv, Ukraine, on Sunday. Ukraine's new president declared Sunday a day of mourning and vowed to punish those responsible after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

49 dead. President vows to punish those responsible, scolds country's security service

Ukraine's new president declared Sunday a day of mourning after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.

President Petro Poroshenko vowed to punish those responsible. It was a bitter setback for the Ukrainian forces — the deadliest incident yet in their escalating battle against an armed insurgency that the government, backed by the U.S., insists is supported by Russia.

The downing of the plane drew condemnation and concern from the White House,

European leaders and UN chief Ban Ki-moon. Analysts said it could bring a renewed emphasis on increasing sanctions against Russia.

"(This) will refocus attention on the fact that Russia does not seem to be doing very much to moderate the insurgency (or) the cross-border resupply of separatists," said Timothy Ash, analyst at Standard Bank PLC. "I would expect the focus to return to sanctions next week."

Poroshenko spoke firmly to glum-faced security officials at a televised emergency meeting Saturday, scolding the head of the country's SBU security service for "omissions" in measures to protect military aircraft.

Luhansk is one of two eastern areas where separatists have seized government buildings and declared independence. **THE ASSOCIATED PRESS**

Casey Kasem. DJ, who became king of Top 40 countdown, dead at 82

Casey Kasem, the internationally famous radio broadcaster with a cheerful manner and gentle voice who became the king of the top 40 countdown with a syndicated show that ran for decades, died Sunday morning. He was 82.

Danny Deraney, publicist for Kasem's daughter, Kerri, says Kasem died Sunday.

Kasem's American Top 40 began on July 4, 1970, in Los Angeles. The show continued in varying forms — and for varying syndicators — until his retirement in 2009. In his sign off, he would tell viewers: "And don't forget: Keep your feet on the ground and keep reaching for the stars."



Casey Kasem
ERIC JAMISON/THE ASSOCIATED PRESS

Kasem's legacy reached well beyond music. His voice was heard in TV cartoons such as Scooby-Doo (he was Shaggy) and in numerous commercials.

THE ASSOCIATED PRESS

Unruly passenger

JetBlue flight diverted

A hollering, agitated passenger who ignored pleas to calm down spurred a pilot to

divert a New York-Las Vegas JetBlue plane to Detroit over the weekend, according to the airline. Flight 211 was headed west from New York's Kennedy Airport when the passenger became unruly.

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Follow your gut and your mind when making financial choices



HOW TO ROLL
Alison Griffiths
metronews.ca

Short of owning a crystal ball — and I've never been able to find one that worked — successful investing is about following two basic rules. They won't make you rich in and of themselves but they will prevent you from becoming poorer.

1. Ask questions

Financial advisers of all stripes should consider education part of their job. Unfortunately too many are focused on selling product in a largely commission-based industry. Because of this, investors must be proactive.

There's no such thing as a stupid investment question. The industry is unnecessar-

ily riddled with jargon, and it can take considerable probing to uncover what the bafflegab means.

If you don't get an answer, or don't understand the one you got, ask again. Also, request examples and visual representation of what the advisor is saying.

Sadly, many in the industry don't really fully understand what they're selling. Often they avoid being exposed by making people feel stupid, which only adds to their confusion.

If you don't understand how a product works or what it does to benefit your portfolio, don't buy it.

2. Trust your gut

Without fail, virtually everyone who has ever told me about a investment they regret has also confessed they felt uncomfortable or uncer-

tain from the get-go.

You are far less likely to lose money by not doing something than by taking a leap into the unknown. Considering there's a stock market correction of 20 per cent once every five years on average, do you want to take chances with money intended for your retirement? Don't forget, it can take up to a decade to recover from a downturn.

This rule doesn't mean you should invest based on emotion. Far from it! However, I have seen time and time again that those who trusted a nagging feeling were saved from some very bad investments.

If in doubt, keep your money in a higher-interest savings account and bonds until you are confident of a product or strategy. You might not make much money, but it's far better than losing it.



Financial advisers can't predict the future with a crystal ball, but skilled advisers may help you make your own smart investment decisions. CHRISTIAN SCHNETTELKER/FLICR

Northern Gateway pipeline opponents plot the next move

Resigned to the idea that federal government approval of the Northern Gateway pipeline is probably inevitable, opponents of the project are formulating a plan to make sure British Columbia's politicians remain opposed to it.

For months now, members of the Dogwood Initiative have been preparing for a provincial referendum akin to the vote that forced the Liberal government to repeal the harmonized sales tax in British Columbia.

Should Ottawa give the pipeline the go-ahead by this Tuesday's deadline and the province issues the necessary permits and authorizations, spokesperson Kai Nagata said his group will be ready.

The B.C. government of

Quoted

"In a perfect world, politicians would do what they say they're going to do and the province of British Columbia's clear rejection of Northern Gateway would stand."

Kai Nagata, Dogwood Initiative spokesperson

officially declared its opposition to Northern Gateway and told the federal panel reviewing the project that it shouldn't go ahead as planned. When Premier Christy Clark pressed for a greater share of government revenues for the project she said repeatedly that while

the final decision is in the federal purview, there are about 60 permits the province will have to issue for construction to begin.

"So the province could hold construction in limbo indefinitely," Nagata said.

Under provincial legislation, for \$50 any registered voter can apply to Elections BC for a petition on their own proposed legislation. If approved, the applicant has 90 days to collect the signatures of 10 per cent of the registered voters in each of the province's 85 ridings. The petitions are non-binding. If the chief electoral officer verifies that threshold has been met, a copy of the petition and draft bill are sent to a legislative committee. **THE CANADIAN PRESS**

Genetically modified

Seeds of discontent dog plan for GMO field maps in Oregon

Oregon is looking into mapping GMO field locations across the state after the governor ordered it last fall, but the process faces many challenges.

The move was spurred by several cases of genetic contamination in the region that rendered non-engineered crops unsellable on the export market.

If the mapping goes ahead, Oregon would be the first state to mandate measures for coexistence between modified and non-modified crops.

Biotech companies and

farmers who plant GMO crops say they already coexist and that mapping could lead to crop sabotage.

Organic farmers and others say a mandatory mapping system could increase transparency and help pinpoint the cause and location of genetic mixing.

THE ASSOCIATED PRESS

PRELIMINARY APPROVAL NOTICE OF PROPOSED SETTLEMENT AGREEMENT WITH THE ATTORNEY GENERAL OF NOVA SCOTIA

TO: Former Residents of the Nova Scotia Home for Colored Children

RE: Elwin et al. v. Nova Scotia Home for Colored Children et al. – Hfx. No 343536

What is this notice?

A law suit against the Province of Nova Scotia has been conditionally settled regarding allegations of abuse suffered by former residents of the Nova Scotia Home for Colored Children. If you lived at the Nova Scotia Home for Colored Children at any point between January 1, 1921 and December 31, 1989, you may be a member of the Class. Your legal rights may be affected by this settlement. The Settlement Agreement must now be approved by the court.

What are the terms of the settlement?

The Province of Nova Scotia will pay \$29,000,000.00 into a trust account. After court-approved legal fees, taxes, disbursements, and administration fees are deducted, that money will be distributed to eligible former residents in accordance with an agreed-upon plan. You can read the full settlement agreement online at: www.voicesociety.ca, www.at-home-site.org, www.nshccsettlement.com and www.wagners.co.

What are the next steps?

A court hearing to approve the settlement agreement is set for July 7, 2014 in Halifax. You may attend but you do not have to. If you want to object to the Settlement Agreement, Wagners must receive your written objection - by July 4, 2014 OR you may also object in person on July 7, 2014 by appearing at the court hearing on July 7, 2014, to be held at the Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Do I have to do anything right now?

No. You may make a claim after the settlement has been approved. Another notice will be published after the settlement is approved giving more detail on how to make a claim.

Will I have to pay anything?

No. Class Counsel will ask the court to approve legal fees, disbursements and taxes, payable out of the settlement fund. Any such fees have to be approved by the court as fair and reasonable.

How can I get more information?

For more information, contact Class Counsel (lawyers for the settlement Class):

Wagners
1869 Upper Water Street
Suite PH301, Pontac House
Historic Properties
Halifax, NS B3J 1S9
Office: 902-425-7330
Toll Free: 1-800-465-8794. Fax: 902-422-1233
Web: <http://wagners.co>

**This summary notice has been approved by the Supreme Court of Nova Scotia.
Do not Contact the Court about this Notice.**

IMPROVING CYCLING DANGER ZONES

Every cyclist in Winnipeg can tell you where the danger zones are along his or her commute.

Maybe it's south St. Mary's, where no bike infrastructure exists. Or the stretch along Waverley where there's a gap between bike paths. Or the area near Talbot, where the Northeast Pioneers Greenway just vanishes.

Another one of these areas was in the spotlight last week, as a cyclist on his way to a Bomber game was killed near the corner of Pembina and Plaza.

This is where a protected bike lane makes way for high-speed, multi-lane chaos.

It was a tragic accident, and a reminder that while our cycling network has come a long way in recent years, there's still more to do to ensure cars and bikes can safely share the roads.

While the city's multi-year, \$334-million active transportation strategy will improve safety for everyone, there are a few simple things the city could act on now to improve safety in cycling's danger zones.



URBAN COMPASS

Colin Fast

winnipeg@metronews.ca

1. Better signage

One of the sad aspects of last week's accident is that a safe alternative exists to cycling through the Pembina/Bishop Grandin interchange, but not many people know about it.

Cyclists can turn left down Plaza Drive, take a pathway under the Fort Garry Bridge, then use the old Southwood Golf Course lands to get to the stadium. A large sign at Pembina and Plaza would make the route much easier to find for casual cyclists trying to get to Bomber games.

Similar signage could be installed throughout the city to indicate safe alternatives to trouble spots. But to be effective, the signs need to have to have more visual impact than the little "bike route" markers that have been hanging around for decades.

2. Better road markings

Several innovative safety tools are available to the city that wouldn't take much more than a couple of cans of paint. Marking bike lanes with colour as they pass through intersec-

tions would make them more visible to drivers. Painting "elephant's feet" next to crosswalks would allow cyclists to ride beside pedestrians to get across busy streets. Bike boxes are painted zones that let cyclists pull in front of traffic at a stop light, making them more visible and giving them a head start on making turns. And two-stage left turn boxes, or hook turn holding areas, would make it safer for cyclists to cross from bike lanes to intersecting streets. While these measures have all proven effective in other cities, Winnipeg hasn't put any of them into place yet.

3. More enforcement

"One of the most common complaints I hear from cyclists is simply that drivers are not giving them enough room on the road," explained Mark Cohoe, Executive Director of Bike Winnipeg.

A blitz of enforcement on this front — along with the corresponding media attention — would help remind drivers to pay more attention when passing through the danger zones.

Identifying and prioritizing the trouble spots in the cycling network is the focus of a Bike Winnipeg event being held at the Manitoba Theatre for Young People at 6:30 this evening. See bikewinnipeg.ca for more information.

ZOOM

Follow Me To ...



The "Follow Me To" series, by Russian girlfriend-boyfriend team Nataly Zakharova and Murad Osmann, is attracting a lot of attention on social media and leading to new opportunities for the couple. COURTESY MURAD OSMANN

Sexy viral photos are well in hand

Since 2011, images of a sexy model leading her significant other around the world have captivated thousands of social media users. The "Follow Me To" series by Russian girlfriend-boyfriend team Nataly Zakharova and Murad Osmann returns with pictures from Hong Kong, where they've been commissioned by the local tourism board.

METRO WORLD NEWS

Accident leads to Hong Kong hire

Thanks to the viral success, Hong Kong's tourism board has hired the couple to promote some of the main tourist attractions across the city, like the Choi Hung Estate. But like many ideas, the project started by accident when during a trip to Barcelona, Nataly grabbed Murad's hand to catch his attention when he was too busy taking photographs.

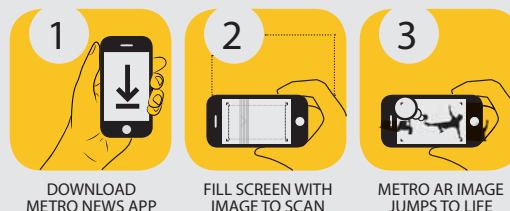
METRO WORLD NEWS

The future

- The "Follow Me To" project has certainly made a huge social media impact, having garnered more than 1.1 million followers on its Instagram account.
- The couple are hoping to make some snappy travel guides on video, in an effort to allow their followers to get to know them and find out the backstory of their pictures.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 9 in Scene and page 18 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Cat laps up punishment



ANDREW FIFIELD

andrew.fifield@metronews.ca

If you've ever tried to save a couch from the unwanted advances of a cat, chances are a spray bottle was the perfect partner as a bad cop. It's quiet. It's clean. But most importantly, it's effective.

Well, it is at least most of the time, but definitely not in the case of our pal Joey here. For the sake of his people, we're hoping he manages to keep his own nose clean, because the water bottle doesn't exactly seem like a behaviour-modifying punishment for this guy. (Hilary D/YouTube)



JOHN MOORE/GETTY IMAGES

Haven't heard Everything We Touch yet? Scan the photo with your Metro News app to see the video!

Ebooks



The Truth Is A Cave In The Black Mountains

By. Neil Gaiman

iBooks/Kindle

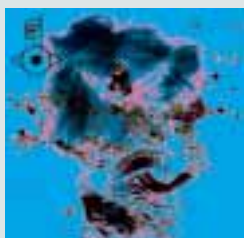


MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

This is illustrated folklore. A tale amongst the old, dark ways through human weakness and life lessons that leave you haunted. But this is performance, too, with Gaiman's recorded voice a master storyteller of pacing and tone, lifted by a string quartet playing mood and intent into an experience that will strum in your ears long after its last breath.

Brief



MoMA shows love for Bjork app

Björk's multi-sensory musical experiment Biophilia has become the first app to be included in the collection at New York's MoMA.

The Icelandic star's 2011 interactive album has been introduced to the museum's permanent collection, providing myriad media options, including animations, games and interactive graphics for each track. Listeners find themselves in the album's 'galaxy,' able to explore each song with lyrical analyses and explanations of the score.

Björk is famous for pushing the boundaries of the artistic disciplines with her collaborative projects and Biophilia was the first album app ever made.

AFP

Say Lou Lou: Double the sounds, double the trouble

Symbiosis. Twin dream-pop singers are having plenty of success and maybe a little too much fun

RICHARD PECKETT

Metro World News in London

Miranda, one half of band Say Lou Lou, has recently returned from a short hospital visit after drinking a dram too much whisky at a recent U.K. festival where they supported Kelis. The identical twin sisters — Miranda (brunette) and Elektra (blond) Kilbey — insist that the booze-fuelled post-party session was a once-a-year blowout that they put down to the adrenalin and lack of dinner. Really, they've no reason to explain themselves: the half-Swedish and half-Australian musicians have every right to be on a high with their EP Everything We Touch dropping to the applause-like click clatter of keyboard pundits.

That said, the singer-songwriters aren't the type to believe the media hype: They've been grounded in the fickle music industry since birth with both parents fronting bands — Karin Jansson (Pink Champagne) and Steve Kilbey (The Church). Here, the 23-year-old dream-pop duo, who trade sibling snipes faster than a rap battle on speed, come to Metro for some therapy on the run-up to the release of their debut album, due out this fall.

It sounds like you had a good night at the Great Escape festival.

Miranda and Elektra Kilbey (together): We opened for Kelis, it was so much fun. It was a really good night.

Miranda, what happened to you?

Miranda: Ugh, yeah, I fell over and hit my head after the party and that was my own fault. It was Jameson's fault.

Jameson... the whiskey?

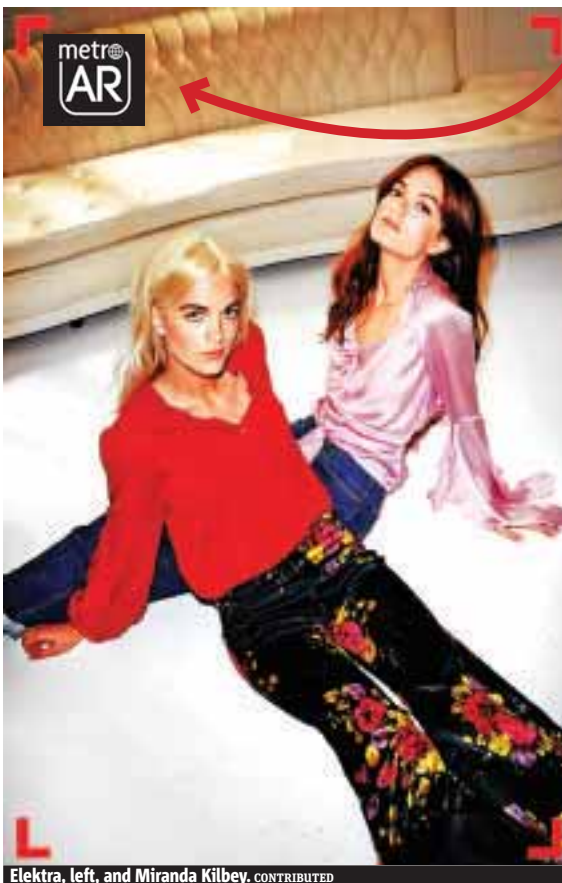
Miranda: Yeah [laughs].

Your night sounds very rock 'n' roll.

Miranda: Everyone says that, but you're like no, but yeah, but no, but...

Is it just a bit grubby?

Miranda: Yeah [laughs].



Elektra, left, and Miranda Kilbey. CONTRIBUTED

What's in a name?

The story behind their name, as told by Elektra. Lou Lou is our great aunt. She was like a spinster from England who survived the war. Lou became really bitter and angry and looked like a man. She made rude comments to everyone, and our father always told us about the trials and tribulations of Lou. Everyone was scared of her and no one liked her. We thought it was ironic how Lou Lou is the cutest feminine name of all time and she was like a nasty character. We also had a favourite morbid children's book called Lou Lou about a wolf who accidentally ate all her friends.

It seems like you've spent most of your lives on tour. Where do you call home?

Elektra: Honestly, we've been in London the most. We had two flats but we don't now because we have so many festivals this summer and it's going to be like in and out with two days here and one day there. We're really craving a base now. The amount of time spent sleeping on couches and hotels is getting ridiculous.

Miranda: Yes. It's ridic. We're constantly on tour. It's weird. I feel like we didn't wash our clothes for two weeks. We were walking around with dirty socks; I feel now that I

need someone to look after me a bit.

Were you feeling a bit homeless swigging Jameson with dirty socks?

Miranda: Yes

Elektra: Miranda, we were staying in a hotel!

Miranda: I still felt homeless because all our stuff was dirty and nobody was looking after us.

Miranda, you're the older twin, so shouldn't you be the more dominant sister?

Miranda: I'm a very strong four-minutes-older, but Elektra

is the more strong-willed and stubborn one. But I'm the kinder sister.

Elektra: She is not the kinder sister; she is the wimpier sister.

Miranda: I'm not wimpy, Elektra.

Elektra: I wouldn't say wimpy, but I would say soft-hearted. She is more sensitive and emotional.

Miranda: Elektra, you are cold-hearted. She judges people too quickly.

Elektra: It's called human instinct and I follow it.

Miranda: If people make mistakes like I did last week, she makes you feel bad about it.

Elektra: This isn't Dr. Phil-style therapy, Miranda.

Miranda: This is Dr. Rich.

This is quite a strange dynamic. So who's the evil twin?

Miranda: Elektra.

Elektra: I'm not an evil person. If you have to make one evil and one good, then I guess I'll be the evil one if that means being great, determined and strong-willed.

Do you have a twin form of non-verbal communication?

Miranda: Yes, facial expressions. Elektra does this wide-eyed face and bounces her head to tell me to shut up.

Elektra: And when we're hanging out with people who are annoying or we don't like, we give each other glances and we hate them in our heads. Unfortunately, Miranda, we can't see each other, so we can't tell each other how annoying Rich is, but I guess we'll do it later.

Yeah, you can have a little bitch about me. But do you not squabble all the time during the recording process?

Miranda: Because we're twins and it's quite intense when we work together, it's a love-hate relationship. We're both trying to get what we want, so we can be very honest with each other.

Too honest? Is there some sibling rivalry?

Elektra: Probably, yeah. We're not rivals and we always think the other one can do better.

2 SCENE

That's Dame Angelina to you

Angelina Jolie, actress, director, activist and now Dame received the title from The Queen in the annual list of birthday honours this weekend. Jolie was recognized for her work fighting against sexual violence in war zones. "To receive an honour related to foreign policy means a great deal to me as it is what I wish to dedicate my working life to," Jolie says in a statement. "Working on the Preventing Sexual Violence Initiative and with survivors of rape is an honour in itself. I know that succeeding in our goals will take a lifetime and I am dedicated to it for all of mine." Daniel Day-Lewis and



Angelina Jolie

Downton Abbey star Maggie Smith were also recognized Sunday. **METRO WORLD NEWS**

May The Force be with Harrison Ford

Harrison Ford's injuries on the set of the new Star Wars movie may be more severe than producers are letting on. While Ford reportedly hurt his ankle on the London set and is recovering, sources tell the Sun that there's a lot more to it.

"We were told he had some pelvic injuries and may have had a chest X-ray," says a source, adding that Ford was airlifted to Oxford's John Radcliffe Hospital after a piece of the Millennium Falcon unexpectedly fell on him.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Have they found love in a hopeless place?



STARGAZING
Malene Arpe
scene@metronews.ca

What could it possibly mean that Rihanna and Chris Martin went out to dinner together? 1) They're having a torrid love affair. 2) They are working on a musical collaboration. 3) Gwyneth Paltrow told them to so that she may post a GOOP entry about consciously coupling her ex with another conscious being. 4) They were hungry at the same time.



Jennifer Lopez's now-ex Casper Smart reportedly didn't want to be known as "just her boyfriend." Hence-

forth, then, he shall be known as "just that guy who used to date a really hot superstar and now delivers your pizza."

Brad Pitt wears an adorable T-shirt with a drawing of himself and Angelina made by one of their children. That explains why Gwyneth Paltrow this past week was heard yelling "What's wrong with you? Why don't you love me? What am I supposed to tell your trendy new stepmom, Rihanna?" at Apple and Moses.

Cressida Bonas, who dated Prince Harry and was this close to becoming a princess if she would have just bothered to comb her hair, has been cast in a movie starring Judi Dench and Matthew Morrison. She'll play the girl

who loads the pizzas into Casper Smart's car.

Performing at a concert, Miley Cyrus flung away a cardboard cut-out of Selena Gomez's face while singing the song FU. Calm down, everyone. It's not a feud or anything. FU stands for "Fly, Unbelievably beautiful friend person. I Fove U so much."

Kate Hudson says that "people have a right to [feel betrayed]" by her exes Lance Armstrong and Alex Rodriguez's predilection for performance-enhancing substances. She, on the other hand, is just happy no longer being asked to "pick up my prescription from Doctor Pills down behind the dumpster while I look at my glutes in the mirror."

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It takes guts to stop being a duck stuck in a financial rut

Changing bad habits.

If you want to build a financial safety net, you must start by opening a savings account



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you stuck?

From time to time I meet folks who are determined that they can't change their financial circumstances. Take Anna. She's got a job that pays her about \$12 an hour, a \$15,000 student loan and a couple of credit cards with balances. She can't see any way out of her current circumstances. Anna is one duck stuck in the muck. And she's among a flock of people so convinced they can't that they don't even try.

I believe that a lot of the problems people have dealing with their money stem from the simple Law of Inertia. The Law of Inertia says that a body at rest will remain at rest until some force acts upon it. And a body in motion will remain in motion. It is so much easier to maintain the status quo than to change.

Financial inertia is an epidemic. In an experiment conducted in Britain, the Brits' financial inertia was so great that the majority of people wouldn't even bother picking up a free £5 note if it were offered to them. What possible difference could £5 make?

Hey, if you don't mind being the duck that's stuck, no prob. Just stop your whining. But if you're determined to do



Are you a duck trying to stay financially afloat in a sea of debt? ISTOCK

something differently so you have a different outcome, you must start somewhere. You cannot save \$10,000 until you save \$1,000. You cannot save \$1,000 until you save \$100. You cannot save \$100 until you save \$10.

If you want to build a financial safety net, you must start by opening a savings account and creating an automatic savings program. If you want to stop spending money you haven't yet earned, you must stop carrying your credit

cards. You must change what you are doing or not doing, to something that works for you instead of against you.

I love change. Change is exciting. Change brings challenge, learning and a sense of the new. Change is full of promise. Change is audacious. It takes guts to change. It takes real guts. And guts are something that seem to be in short supply. If you have them, you'll make it. If you don't, so sorry: No guts, no glory.

So the question you have to

ask yourself today is this: Do I have the guts to change?

If your answer is "no," then don't waste your time whining and beating yourself up. You've made your choice, live with it graciously. But if you are brave, and ready to commit — if the answer is "yes" — then what are you going to change today? What small step will you take to move you from being at rest to being in motion? What will you do (not think about, not plan, not worry about, not whine about) to change what

your life looks like?

It doesn't matter whether you're old or young, rich or not-so-rich, highly educated or not. All over the world — and right here at home in Canada — people are woefully unprepared to handle their money. The problem is so huge that the Canadian government stepped in to see if it could help. After months of consultation and a fancy report, we got ... nothing. Zip, zero, zilch. Why? It seems nobody understands where to start.

Truth is, financial responsibility is our responsibility. There is no magic can-opener that will open up our skulls and pour in the information we need to know to be financially literate. And all the knowing in the world won't do a scrap of good if folks aren't prepared to do something.

So where do we start? With some hard work and the determination to make a plan and see it through. But only those folks with a stomach for facing reality will succeed.

If you've been feeling out of control — even desperate — rest assured, you are not alone. Now you have to decide if you have the guts to change. Decide that today is the day you'll do something different. It can be small. No one is asking you to move a mountain ... well, not in one push. Don't even know where to start? Head on over to www.mymoneymychoices.com and sign up. You'll be given a road map designed to build your financial literacy along with strengthening your financial foundation. Small steps forward will get you to where you really want to be.

You can put inertia to work for you. Or you can just remain one duck stuck in the muck. You decide.

Same-sex. Couple launch website to help gay dads

When Brian Rosenberg and Ferd van Gameren first brought their adopted son home, the couple headed online to find other gay dads who could share similarities to their new experience — only to come up empty.

Recently, the couple launched their website Gays With Kids — an online com-

munity for fellow gay dads.

As Toronto prepares to play host to World Pride festivities later this month, Gays With Kids co-founder Jonah Arnold said they've been thinking of families visiting the city and highlighting activities that would be of interest — both connected to and outside of the event. **THE CANADIAN PRESS**

Psychology of food

Study sheds light on food cravings

According to recent research published in the journal *Psychological Science*, that last bite of food is a pure taste sensation that will instill a lasting memory of the food in question and determine when you'll crave it again.

THE ASSOCIATED PRESS

Study. Researchers say white bread beneficial

The whole-grain craze kicked white bread into the ranks of junk food, but new research says to eat up and savour every pillowy bite due to the beneficial gut bacteria it promotes.

In a pilot study, a Spanish research team from the University of Oviedo in Spain concluded that the defamed staple encourages the growth of bacteria that actually protect against

disease rather than cause it.

The team worked with 38 healthy adults and asked them about their diets.

White bread provides hemi-cellulose and resistant starch, which encourages the spread of *lactobacillus*. The health benefits associated with *lactobacillus* include fever symptom reduction to protecting against salmonella. **THE ASSOCIATED PRESS**

3
THE

Money 101. Two couples, one year to make them richer

Oh, baby! Look at those numbers grow



I'm a financial coach guiding young Canadians to financial success, and since January 2014 I've coached two couples. In only six months, they've grown their combined net worth by more than \$46,000. Want to learn how? Follow along as I coach them for the remainder of 2014. — *Lesley-Anne Scorgie/for Metro*



Part of Anne-Marie and Peter's parenting to-do list is to start a registered education savings plan. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter welcomed their daughter into the world at the end of May.

They're thrilled to be new parents as they adjust to feeding and sleeping schedules along with reduced maternity leave income.

What's top-of-mind for the couple is establishing their daughter's registered education savings plan (RESP).

They completed the government forms in the hospital to set up her social insurance number and birth certificate, and can now meet with their local bank to establish the account.

An RESP allows parents to save for their child's education and benefit from government grants of up to \$7,200 through the Canadian Education Savings Grant and \$2,000 through the Canada Learning Bond (for lower income families) over the lifetime of the account.

Parents are allowed to contribute up to \$50,000 over the lifetime of the account.

Like any savings program, the earlier you save, the greater the money benefits from the power of

Anne-Marie and Peter recap

- | | |
|--|---|
| • Location: Toronto | ing off debt. |
| • Ages: 37 and 33 | • Rent or own: Rent |
| • Occupations: Broadcasting and sports editing | • Top goals for 2014: pay off debt, start an RESP, and start saving a down payment. |
| • Total household income: \$110,000 | • Current net worth: \$85,700 |
| • Life stage: First child arrived May 2014 | • Homework from last month: Evaluate balanced investments, have baby, apply for a SIN for the new baby and get ready to set up an RESP opportunities for Peter. |
| • Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to pay- | |

compounded interest and reinvested returns.

While Anne-Marie is on maternity leave they plan to contribute \$25 per month to the RESP and have reduced their aggressive debt repayment plans to \$200 from \$800 per month.

Peter is working diligently to secure freelance contracts valued at \$18,000 and finalize his life insurance coverage.

Once the couple has adjusted to their new schedule, they will return their attention to their invest-

ment portfolio: exploring various mutual, index and exchange traded funds that are suited to their balanced investment personalities.

Anne-Marie and Peter's net worth has improved \$19,700 since January.

Homework:

Anne-Marie and Peter will establish an RESP and select investments better suited to their investment profile. **LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.**



Carolina and Jose kept moving costs down by relying on close friends and family for help. SHUTTERSTOCK

Carolina and Jose

Carolina and Jose took possession of their new home mid-June and set out to keep moving costs low — renting a moving van, leaning on family and friends for baby-sitting and sheer muscle. The couple has prepared well for their first 60 days, which can be the most expensive, by working through a financial checklist:

- Switch over utilities, insurance and taxes to equal monthly installments.
- Negotiating insurance rates and coverage through a broker.
- Setting aside approximately \$500 for carpet cleaning, furnace and water tank maintenance.
- Planning for at least an extra \$100 on their first grocery bill for "what if" expenses like cleaning supplies.
- Setting up mail forward services for approximately \$50.
- Ensuring they've got their first bi-weekly mortgage payment of approximately \$550 ready for withdraw.

Jose was able to negotiate pro-rated rent on their existing property for June as the couple took possession mid-month. They also worked with their mortgage broker to reduce their rate

Carolina and Jose recap

- | | |
|---|--|
| • Location: Calgary | no retirement savings, and are committed to paying off debt. |
| • Ages: 33 and 32 | • Rent or own: Own |
| • Occupations: Stay-at-home mom and roofing | • Top goals for 2014: Pay off debt, buy a house and visit family. |
| • Total household income: \$62,000 | • Current net worth: Minus \$7,300 |
| • Life stage: Three daughters aged five, three and one | • Homework from last month: Move into their new home without busting their budget. |
| • Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have | |

further to 2.99 per cent, taking advantage of the recent reductions in five-year fixed mortgage rates.

By using their recent tax refund, and a little extra cash from Jose's job since his raise took effect, they scraped together closing costs of approximately one per cent, or \$2,500, of the new home's value.

Amidst the moving excitement, the couple is also celebrating Jose's new role as a safety co-ordinator at his roofing company. Besides the timely bump in income, Jose's company is paying for his national construc-

tion safety officer certification, which will enhance his career prospects. Carolina is considering a part-time multi-level-marketing role with a skin care company, which she can do from home.

Carolina and Jose's net worth has improved \$26,400 since January.

Homework:

Jose and Carolina will work through their 60-day checklist and get comfortable in their new home.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

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Trying to pick the perfect position? Get familiar with your personality

Psychological success. The authors of *Do What You Are* encourage young job seekers to mix their character with a career

LAKSHMI
GANDHI

Metro World News

On the surface, the advice that young people should select careers that fit their personalities seems obvious, but a quick look at the stats reveals that it's anything but.

A survey released last year by Gallup revealed that nearly two-thirds of employees from over 180 countries reported that they were "not engaged" at work and that a mere 13 per cent of employees currently feel passionate about their work.

None of the figures are surprising to Paul Tieger. For over 30 years, the question of how people can find the right career path for themselves has fascinated Tieger and driven his own career and work.

Along with Barbara Barron and his millennial-aged daughter Kelly Tieger, the author has just released the fifth edition of the book *Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type*, which is geared towards the current generation of professionals.

"When you are doing



something that is not about who you are, that's a prescription for burnout," says Tieger.

"We believe through lots of experience that the most important thing is to pick a job and career that

matches your personality," he continues. "Values, interests and skills are likely to change over time, but personality will not."

To that end, the book provides detailed exercises and examples to help guide

readers towards the perfect career for them. Both Paul and Kelly Tieger say that it's particularly important for younger professionals — the so-called millennial generation — to be aware of their personalities and

Know thyself

The more you know your personality, the better, say the Tiegers.

- Career changers who want to discover their exact personality type and profile can take a quiz at personalitytype.com/dowhatyouare.
- And don't fret. "Just because you are creative doesn't mean that you are doomed to never make money," says Kelly Tieger. It just means that you creatively have to find the right path for yourself.



gravitate towards fields where they can give themselves the time and space they need.

See if you can make a lateral move

If you are certain that your current department or environment isn't working for you, see if you can make a lateral move within your organization, advises Kelly Tieger. Applying for a different position may not make a difference in your salary, but it will greatly enhance your quality of life.

Start early

If possible, the Tiegers say that you should examine fields that suit your personality as early as college. "Most people are asked to pick a college major when they are 19," says Paul Tieger. "And most people don't have a clue at that age. But you're probably not going to get someone who is philosophical and artsy to go on Wall Street."



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The unexpected majors of celebrities

Before these stars were red-carpet regulars, they were ordinary post-secondary students who declared their majors and took prerequisite classes just like everyone else. Find out which celebrity shared your major below.

METRO WORLD NEWS IN NYC



**Kourtney
Kardashian**

The only one of the Kardashian sisters to earn a university degree, the reality star graduated from the University of Arizona with a bachelor in theatre arts and a minor in Spanish.



Ashton Kutcher

Before he rose to fame playing the dumber-than-a-box-of-rocks Kelso on *That '70s Show*, the sitcom star and producer was planning to study biochemical engineering at the University of Iowa.



Kunal Nayyar

The *Big Bang Theory* co-star studied business and finance at the University of Portland, arriving as an 18-year-old freshman from India in 1999.



Carrie Underwood

A year after winning *American Idol*, Underwood graduated magna cum laude from Oklahoma's Northeastern State University with a bachelor's degree in mass communication with an emphasis in journalism in 2006.



Jon Hamm

Decades before his character Don Draper enthralled fans, Hamm was an English major at the University of Missouri, even briefly teaching middle school after graduation.

'Round the world wisdom

Awaken yourself to brand new possibilities



LESSONS FROM
THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Closure is never as simple as it appears from the outside looking in. Within hours of crossing the finish line of my first multi-day ultra-marathon and reaching the end of an emotionally charged six-month project, I experienced a feeling of emptiness. Just like that, it was over.



Accomplishing one goal can be a key to unlocking greater potential. ISTOCK

Twenty-four hours later, on the plane bound for home, I reflected on my experience in the Gobi. I had felt more alive than ever before, despite being completely exhausted. My rational brain called out for me to put my feet up and resume life as it had been before, while the emotional side was drawn by a gravitational pull toward what could or should be next — a common sensation for anyone completing a long journey.

By the time I landed, my bucket list had grown by 100 new items, each one an event with the potential of yielding another once-in-a-lifetime experience. My intent was simple: Each year, I would

purposefully knock two or three of them off the list. At the age of 45, my own finish line had suddenly come into focus, along the fact that I was closer to the end of my own "race" than the beginning. This realization was a tipping point, triggering the urge to live without regret and stop delaying nourishing pursuits.

Upon my return, I queried my family about their own dreams and ambitions so we could merge our lists. I broke down the "buckets" by category: things to see, things to accomplish, things to do, and things to learn. I then attached a "by when" date, a specific deadline so the item would find a place in my calendar. Finally, I wrote out who I would do each one with: family, spouse, kids, business partners, friends, strangers, or solo.

Sometimes, coming out of a difficult journey offers an unexpected gift: the presence of mind to finally think about everything else that is possible before it is too late.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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½ C cranberries

¼ navel orange, unpeeled

1 T balsamic vinegar

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2 T organic raw sugar

¼ t black pepper and a pinch of salt

Put half the blueberries and the remaining ingredients into a blender. Pulse until coarsely ground. Empty into a bowl and mix with the whole blueberries. Serve. For a marinade, blend more thoroughly with ½ C red onion and ¼ C fresh cold-pressed organic Manitoba sunflower oil.

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Tofu and Veggie Satays with Black Bean Hoisin Sauce make it a meatless Monday



ROSE REISMAN
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FLASH FOOD



From your fridge to your table in 30 minutes or less

I love chicken, beef and shrimp satays, but if you're a vegetarian or you just want a healthy alternative for protein, try these tofu satays.

Tofu is a form of soybeans that is made by curdling soy milk and then being pressed into a sliceable cake. There are a few choices when it comes to tofu. Your best bet is to buy firm tofu because medium tofu is too soft and the extra firm too tough.

Once opened, cover unused tofu with water in a container and refrigerate for up to three days.

A four-ounce (half a cup) serving of firm tofu contains only 120 calories, seven grams of fat and as much calcium as an eight-ounce (one cup) serving of cow's milk. Compare this to beef, which has more than 200 calories and 15 grams of fat per four-ounce serving.

Health-wise, tofu is known to lower the risk of heart disease, certain cancers, Type 2 diabetes, and obesity.

Flavour-wise, tofu absorbs whatever flavours it's cooked with, which makes it versatile.

When grilling, be sure to cook on a medium heat so you don't char the tofu or vegetables which can cause carcinogens.

Feel free to substitute the vegetables of your choice and adding a fruit such as mango, papaya or peach would be delicious.

Directions

1. Thread bell peppers, onion and tofu alternately on 4 long or 8 short wooden or metal skewers, dividing the vegetables evenly among them. (If using wooden skewers, soak them for at least 20 minutes in water



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

before using them.)

2. Sauce: Whisk the hoisin sauce, sugar, black bean sauce, low-sodium soy sauce, sesame oil, freshly minced garlic and ginger in a bowl until smooth.

3. Spray a barbecue or a nonstick grill pan with cooking oil and heat to medium.

4. Grill the Tofu and Veggie Satays with Black Bean Hoisin Sauce, turning occasionally, for 10 minutes or until browned on all sides.

5. Brush half the sauce over the satays and continue cooking, turning occasionally, for another 10 minutes or just until the vegetables

are soft. Garnish with cilantro and serve with the remaining sauce on the side.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 large green bell pepper, cut into 16 squares
- 1 large red bell pepper, cut into 16 squares
- 1/2 sweet onion, cut into 16 pieces
- 12 oz firm tofu, cut into 16 cubes (2-inch squares)

Sauce

- 1/4 cup hoisin sauce
- 1/4 cup packed brown sugar
- 5 tsp black bean sauce
- 5 tsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- 1/4 cup chopped cilantro or parsley

France 3, Honduras 0

Benzema a force to begin tourney

Karim Benzema scored twice and created a third that was confirmed by goal-line technology as France beat Honduras 3-0 Sunday in its first World Cup match.

The dominant win was a relief for France, whose team of highly paid players failed to win in South Africa and was sent home in a disgrace after going on a training strike.

"Winning 3-0 at a World Cup isn't easy," France coach Didier Deschamps said. "The players should savour the moment, there's nothing more wonderful."

THE ASSOCIATED PRESS

Switzerland 2, Ecuador 1

Swiss earn comeback win in stoppage time

Switzerland grabbed a winner with virtually the final kick to earn a 2-1 victory over Ecuador in the World Cup on Sunday, extending a run of come-from-behind wins that are becoming a theme of the tournament.

With just seconds left in the third and final minute of stoppage time, substitute Haris Seferovic finished off a length-of-the-field move by slamming home a close-range shot. After wild Swiss celebrations, Ecuador's shell-shocked players barely had time to restart before the final whistle was blown.

It was the fifth time in the first nine matches in Brazil that a team had come from a goal down to win — but this was the most dramatic of all the comebacks.

THE ASSOCIATED PRESS



Argentina's Lionel Messi scores against Bosnia-Herzegovina in Rio de Janeiro on Sunday. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Leo powers Argentine machine past Bosnia

World Cup. Messi's 65th-minute goal proves to be difference in Group F match

It took Lionel Messi just over an hour in Argentina's World Cup opener against Bosnia-Herzegovina to show why so many fans consider him the best in the world.

After a frustrating first half, the Argentina captain scored in trademark style in the 65th minute on Sunday night, completing a quick 1-2 connection

with Gonzalo Higuain and running through defenders before striking a brilliant left-footed shot off the post.

The goal — only the second for Messi on football's biggest stage — set off wild celebrations among the throngs of Argentine fans that had turned the famed Maracana stadium into a sea of blue and white. It also energized an unimpressive Argentina team that was ahead at that point only because of an early own goal by Bosnia.

Vedad Ibisevic scored a close-in goal in the 85th, but Argentina held on to win 2-1 in the Group F match.

"It's the first game, I was anxious, nervous," Messi said. "It was important to start with a win. We've got to improve certain things, but it was important to start with the three points."

Bosnia got the worst possible start to its first World Cup when Sead Kolasinovic scored an own goal after just three minutes.

Messi sent a free kick from the left flank into the penalty area that Marcos Rojo barely touched before the ball bounced off Kolasinovic's foot into Bosnia's goal.

THE ASSOCIATED PRESS

Standoff in Rio

A Brazilian police officer can be seen on an Associated Press video firing what appears to be a live pistol round at anti-World Cup protesters Sunday near Rio de Janeiro's Maracana soccer stadium.

- During the small but violent protest, another man in plainclothes who identifies himself as a police officer also pulled a pistol and fired two shots into the air near the stadium.

Kaymer dominant in winning U.S. Open



Martin Kaymer reacts after completing his eight-stroke win at the U.S. Open on Sunday in Pinehurst, N.C. STREETER LECKA/GETTY IMAGES

Martin Kaymer returned to the elite in golf with a U.S. Open victory that ranks among the best.

A forgotten star for two years while building a complete game, Kaymer turned the toughest test of golf into a runaway at Pinehurst No. 2 on Sunday to become only the seventh wire-to-wire winner in 114 years of the U.S. Open.

Kaymer closed with a 1-under 69 — the only player from the last eight groups to break par — for an eight-shot victory over Rickie Fowler and

Pulling away early

65

Martin Kaymer set the U.S. Open record with back-to-back rounds of 65 to set the pace at 10-under 130 through Friday.

Erik Compton, the two-time heart transplant recipient and the only player who even remotely challenged the 29-year-old German.

So dominant was Kaymer that no one got closer than four

shots over the final 48 holes.

Only a late bogey kept Kaymer from joining Tiger Woods and Rory McIlroy as the only players to finish a U.S. Open in double digits under par. He made a 15-foot par putt on the 18th hole, dropping his putter as the ball fell into the centre of the cup, just like so many other putts this week.

"No one was catching Kaymer this week," Compton said, who closed with a 72. "I was playing for second. I think we all were playing for second."

THE ASSOCIATED PRESS

Spurs' Big 3 thwarts Heat's 3-peat bid

NBA Finals. San Antonio wins its fifth title after wrapping up series in five games

From their low moment in the NBA Finals, the San Antonio Spurs are back to the top of the league.

The Spurs turned the rematch with the Miami Heat into no match at all.

The Spurs finished off a dominant run to their fifth NBA championship Sunday night, ending the Heat's two-year title reign with a 104-87 victory that wrapped up the series in five games.

A year after their heart-breaking seven-game defeat, their only loss in six finals appearances, the Spurs won four routs to deny Miami's quest for a third straight championship.

Kawhi Leonard, named the finals MVP, had 22 points and 10 rebounds for the Spurs. San Antonio added this title to the ones the Spurs won in 1999, 2003, 2005 and 2007. They nearly had another last year, but couldn't hold off the Heat and lost in seven games.

San Antonio rebounded from an early 16-point deficit by outscoring the Heat 37-13 from the start of the second quarter to midway in the third.

The celebration the Heat cancelled last season was on by the early second half Sunday, when the Spurs had finished digging their way out of an early 16-point hole and opened another huge lead.

LeBron James had 31 points and 10 rebounds for the Heat,

Call him champ

Leonard singled out as MVP

Kawhi Leonard could have been devastated by losing last season's NBA Finals.

Instead, he vowed to get better.

Just think — the San Antonio Spurs' youngest star is only getting started. He's a champion now.

When commissioner Adam Silver announced Leonard as the MVP, he was mobbed by his teammates and Spurs coach Gregg Popovich roared with laughter, knowing Leonard would have to do what he hates most — talk about himself.

"Right now, it's just surreal to me," Leonard said. "I have a great group of guys behind me."

who lost their spot atop the NBA to the team that had it so long.

The Spurs won four titles in nine years, but hadn't been back on top since 2007, making Foreigner's *Feels Like the First Time* and appropriate song choice after the final buzzer.

Tim Duncan and coach Gregg Popovich have been here for all of them, and it was the fourth for Tony Parker and Manu Ginobili, who with Duncan are once again the reigning the Big 3 in the NBA.

THE ASSOCIATED PRESS



The Spurs' Tim Duncan attempts a shot against the Heat's Udonis Haslem and Ray Allen during Game 5 of the NBA Finals on Sunday in San Antonio.

CHRIS COVATTA/GETTY IMAGES

MLB. Marlins rally past Pirates after McGehee's sacrifice fly in the 10th

Casey McGehee completed his sacrifice-fly trot near first base, then started toward the Miami Marlins dugout and was met by the sight of the entire team gleefully sprinting toward him.

McGehee, who has delivered plenty of clutch hits this season, started a celebration Sunday with an out.

He tied the game in the eighth inning with a two-out, two-run double, then drove

home the winning run with a sacrifice fly in the 10th, and the Marlins averted a series sweep by beating the Pittsburgh Pirates 3-2 Sunday. Miami earned its sixth walkoff win and broke a three-game losing streak.

"It's one of those feelings you can't really describe," said McGehee. "It's a special feeling because you've been grinding for however many innings..."

THE ASSOCIATED PRESS

MLB. Cleveland completes comeback with Swisher's winning homer in the 11th

Nick Swisher finally has something to savour in a tough season — a game-winning homer.

He had spent 16 days on the disabled list before being activated Thursday. He was batting just .203 when he came to bat in the 11th inning on Sunday.

Then he led off the inning with his fourth homer of the season, giving the Cleveland Indians their second straight 3-2 comeback win over the



Nick Swisher celebrates his game-winning homer. GETTY IMAGES

Boston Red Sox.
THE ASSOCIATED PRESS

Scan the image to view a gallery of the Stanley Cup celebrations in Los Angeles

MLB. Navarro, Happ help Blue Jays get even with division rival Orioles

Home-field advantage hasn't taken hold this season for the Baltimore Orioles, especially when Chris Tillman is on the mound.

The Orioles wasted a fine pitching effort by Tillman and lost to the Toronto Blue Jays 5-2 Sunday, leaving Baltimore with an unsatisfying split of the four-game series.

The defeat dropped the Orioles 4-1/2 games behind the first-place Blue Jays in the AL East and dropped their record at Camden Yards to 16-17.

Baltimore went 5-5 during a homestand against Oakland, Boston and Toronto.

Tillman (5-4) allowed three runs and eight hits in seven innings. He's 0-4 with a 2.78 ERA at home and 5-0 with a 6.33 ERA on the road.

J.A. Happ pitched effectively



Jays pitcher J.A. Happ throws to an Orioles batter Sunday. GETTY IMAGES

into the seventh inning and Dioner Navarro had three hits and two RBIs to help the Blue Jays forge a split.

"It means a lot," Navarro said.

"It's a good series in general. We made some good plays, we got some clutch hitting," Toronto slugger Jose Bautista added. **THE ASSOCIATED PRESS**

NBA

Knicks hope to hold on to Melo

Carmelo Anthony wanted New York, and the Knicks wanted him. Now, a little more than three years after the trade that brought them together, Anthony could decide to leave.

The Knicks would like him to stay, but they realize he will have some appealing options if, as expected, he tests free agency.

"I would love to have the opportunity to work closely with Carmelo," said new Knicks coach Derek Fisher.

THE ASSOCIATED PRESS

Rugby

Canada loses tight battle with Scots

Canada may have been within a couple of points of knocking off a Tier 1 rugby team Saturday, but there was no celebrating in the Canadian locker-room.

A controversial penalty in the dying minutes made sure of that.

The Canadians dropped a 19-17 decision in an international Test match at BMO Field to Scotland — a country that sits a full eight positions higher than them on the world rankings.

THE CANADIAN PRESS



Kings return to the throne

London, Ont.'s Drew Doughty celebrates the Los Angeles Kings' Stanley Cup-clinching Game 5 win over the New York Rangers on Friday night in Los Angeles. "Next year, we're going to want to win it again," Doughty said Friday night after the Kings' double-overtime victory. With two NHL championships in three years, the Kings are building a hockey dynasty in an unlikely place. **CHRISTIAN PETERSEN/GETTY IMAGES**

Horoscopes

Aries

March 21 - April 20

The Sun remains in the communications area of your chart until the 21st, so if there are things you need to say it might be best to say them now. Avoid confusion by making sure your words are simple.

Taurus

April 21 - May 21

Money matters will take up a lot of time today. It may all seem trivial but you must take it seriously. The more financial loose ends you tie up now the more fun you can have later on.

Gemini

May 22 - June 21

The last few weeks have been enjoyable and there's no reason why the next few days should not be fun as well. However, with Mercury, your ruler, moving retrograde some issues need to be taken seriously.

Cancer

June 22 - July 23

Do you have a clear idea of your long-term ambitions? If not you would be wise to get your thoughts in order over the next few days. Vague daydreams won't come true.

Leo

July 24 - Aug. 23

Be careful you don't let slip any personal information today or you could find it being used against you by a rival. Sometimes you can be too trusting for your own good.

Virgo

Aug. 24 - Sept. 23

When the Sun moves into one of the more positive areas of your chart next weekend you can speak up and let powerful people know why you oppose them. For now though you are advised to bite your tongue.

Libra

Sept. 24 - Oct. 23

Make the most of the Sun's last few days in your fellow Air sign of Gemini to do the things you really enjoy. When the Sun changes signs on the 21st you will find yourself loaded down with new responsibilities.

Scorpio

Oct. 24 - Nov. 22

Get your financial affairs in order. If you need to cut costs then do what has to be done, even if it affects your quality of life in the short-term.

Sagittarius

Nov. 23 - Dec. 21

You may be tempted to bring a partnership of some kind to a close but don't be too hasty. The planets indicate there is life in it yet, so hang in there and find ways to make it work.

Capricorn

Dec. 22 - Jan. 20

You'll have to accept more of a supporting role over the next few days. Capricorn is a cardinal sign, which means you like to take the lead, but sometimes it's better to let others take responsibility.

Aquarius

Jan. 21 - Feb. 19

When the Sun changes signs next weekend your workload is likely to increase so the fewer things you have on the go now the better. Cut back on commitments and take a break.

Pisces

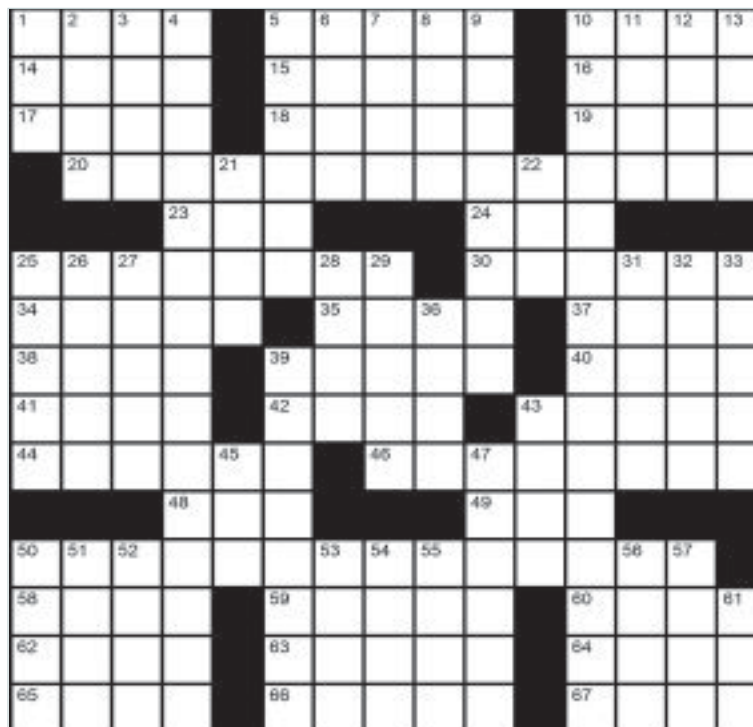
Feb. 20 - March 20

You have so much to look forward to so why are you still looking back and lamenting what might have been? Whatever the reason you need to snap out of it or you may not even notice new opportunities. Be positive. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Iridescent gem
5. Linguist Mr. Chomsky's
10. Was there
14. Orchestra stand-out
15. Take apart the Hoover, say
16. Antarctica's Prince
17. "Star ____"
18. Hence...: 2 wds.
19. Road style
20. 'Vancouver's First Lady of Jazz' - Trail-blazing singer/actress whose many credits include hosting her own weekly variety show on the CBC: 2 wds.
23. Canadian engineering group, ____-Lavalin
24. Funny! ____hee!
25. Margaret Laurence novel, the 1974 Governor General's Award for Fiction winner, The ____
30. Greek Myth: Queen of Troy
34. British novelist Ms. Bagnold's
35. Prefix to 'ferous' (Conveying air)
37. Therefore
38. Postpaid mailing encl.
39. Novelist/poet Elinor (b.1885 - d.1928)
40. "That's fine then.":



2 wds.

41. Fast food titan Ray
42. No: German
43. Trim
44. ____ lights (Movie premiere sights)
46. "Definition", for one: 2 wds.
48. Tit-for-____
49. Pasta names suffix

50. Serena Ryder hit: 4 wds.
58. ____hoop
59. Like a TV series airing this very minute: 2 wds.
60. Sea eagles, variantly
62. Awestruck
63. Queen: Spanish

64. Particle
 65. Carry
 66. Ms. Sagal
 67. Detect
- Down**
1. Baseball great Mel
 2. Genuine
 3. Brother of Cain
 4. Summery retreat as in The Muskokas in

- Ontario: 2 wds.
5. Fine difference
6. "Step ____ pets." (Furry friends palindromes)
7. Env. info
8. Fem. opposite
9. Made-in-a-blender beverage
10. Some antique

- store purchases: 2 wds.
11. Half of a Basque court game
12. Music: Manfred ____
13. Garden of Eden lady, and namesakes
21. Ms. Jillian's
22. Jeans brand
25. Office furniture pieces
26. "____ economy is always beauty." - Henry James
27. Tennis player's topper
28. Showbiz performer Martha
29. Bud ____, MLB Commissioner
31. "Yup."
32. Good, in Genoa
33. Lopsided
36. Actress Ms. Morelli
39. "Come Dine with Me Canada" airer, ____
43. Actor Sean
45. Actress Ms. Ling
47. Fairgrounds section
50. "Come again??"
51. Men's label, ____ Boss
52. Commonly: 2 wds.
53. Vitamins brand, ____ Day
54. Building block
55. Sole
56. Fall
57. Catch ____ ('Get')
61. Prepared

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	8	1	3	9	4	6	5	2
4	9	3	5	2	6	1	8	7
2	6	5	8	1	7	9	4	3
9	7	4	6	8	2	5	3	1
3	1	6	7	4	5	2	9	8
5	2	8	1	3	9	7	6	4
8	4	7	9	5	1	3	2	6
1	5	2	4	6	3	8	7	9
6	3	9	2	7	8	4	1	5

9		6			1			5
				5	3			1
5				4		8		
		9					7	
		3	1		7	5		
	7					2		
		4		6				5
2				8	1			
	5		3			1		2

Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 20°
MIN: 12°



MAX: 22°
MIN: 13°



MAX: 26°
MIN: 11°



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